

## ABSTRACT OF THE DISCLOSURE

Detergent or personal care compositions comprising capsules, which in turn comprise a hydrophobic continuous phase, the latter comprising an isotropic mixture of a thermoplastic-type co-polymer and hydrocarbon oil. Preferably, the capsules further  
5 comprise an oil-soluble benefit agent. Preferably, the compositions are liquid, especially aqueous-based compositions. In the preferred embodiment, the capsules are transparent or translucent.